

# "Beautiful Butterflies"

## Chicken Salad Sandwiches

**Makes:** 14 or 56 servings

14 Servings

56 Servings

Ingredients	Weight	Measure	Weight	Measure
Chicken, boneless	2 lbs		8 lbs	
Mayonnaise		1 Tbsp		1/4 cup
Green onions, chopped		1/2 cup		2 cups
Tomatoes, chopped		1 cup		4 cups
Carrots, chopped		2 cups		8 cups
Tomatoes, cheery, halved		1 cup		4 cups
Bread, whole grain		14 slices		56 slices
Baby carrots		1 cup		4 cups

### Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>161</b>	
Total Fat	3 g	
Protein	18 g	
Carbohydrates	16 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	209 mg	

### Directions

1. Place chicken in skillet with enough water to cover. Bring to a boil. Reduce heat and allow to simmer for 12 - 14 minutes. Drain and let cool.
2. Shred chicken and place in bowl. Add carrots, tomatoes, green onions and mayonnaise.
3. Spread mixture over bread slices. Cut into triangles.
4. Arrange triangles with points facing each other to look like butterfly wings. Place baby carrot in center.

### Notes

Serving Tips:

Allow children to assemble the butterflies or use cookie cutters to make these sandwiches more appealing!